

Old after 40"

5 YEARS YOUNGER
 pep. But Ostrex made me
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 you feel years younger. For
 get new pep AT ONCE. Try
 w pep, vigor and feel years
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ANGELICAN

CH OF CANADA

SH OF CAVAN

ar M. Palfrey Rector

IST CHURCH

7:30 P. M.

HN'S CHURCH

Evensong

OMAS' CHURCH

11 A.M.

CH OF MANVERS

Walter J. Evans

CHURCH, MARSH

Union 11:15 A.M.

UL'S, BETHANY

3:00 P.M.

Preacher

Ian Scott-Bucclough

Barnabas, Peterboro

WELCOME

ANTHROPOLOGICAL

IES OF CANADA

ON CHURCH

nd Mrs. D. McEwen

ool 10:00 A.M.

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Service 7:30 P.M.

(Second Week)

EE ASSEMBLY

egion Hall

10:30 A.M.

Service 7:30 P.M.

(Second Week)

ESBYTERIAN

CH IN CANADA

ld E. Graham, B.A.

MILLBROOK

9:45 A.M.

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NTREVILLE

11:15 A.M.

ool 10:00 A.M.

ALVATION ARMY

nd Mrs. J. B. Reid

ool 3 P.M.

egion Hall)

ome Awaits You

UNITED

CH OF CANADA

rook - Cavan

Snowden, B.A., B.D.

MILLBROOK

ool 10 A.M.

hip 11:15 A.M.

CAVAN

ervice 9:45 A.M.

Welcome to All

Let me show you how easy it is to benefit two ways with a T.D. Savings Account



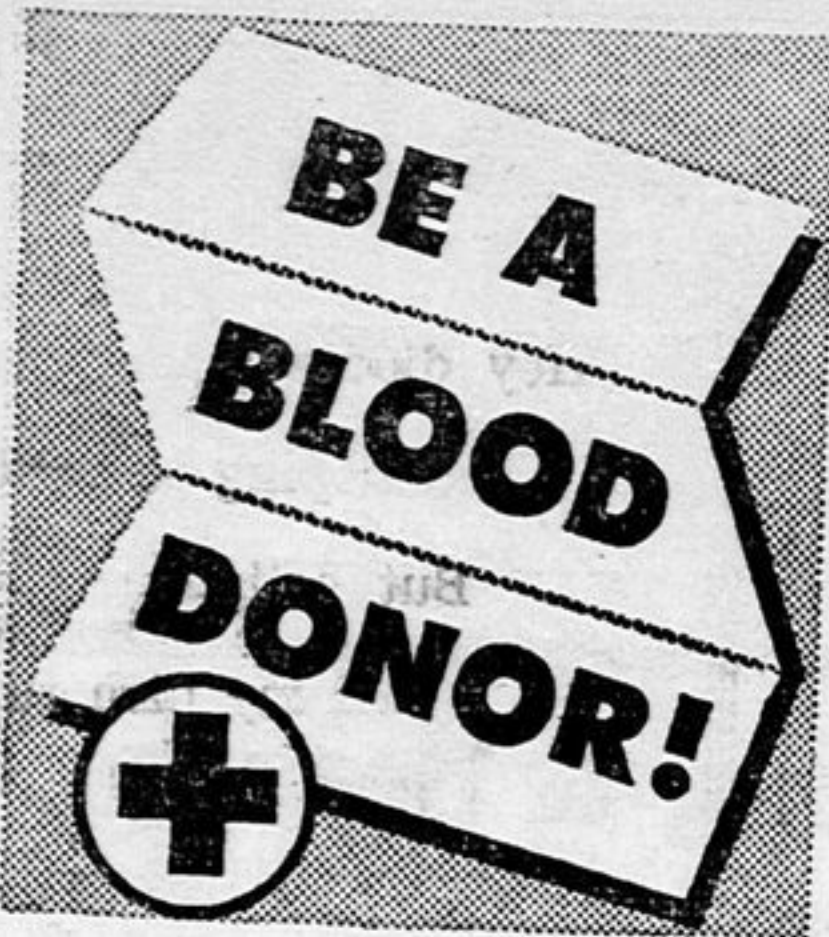
"It's all a simple matter of habit... of saving systematically for the things you want through a Toronto-Dominion Savings Account.



A Toronto-Dominion Savings Account benefits you two ways. Firstly, through regular savings deposits. Every payday you can set aside money for the things you want and need. Secondly, your Savings Account can function as a solid, month by month investment program that accumulates interest as it grows. Whichever way you use it, a Savings Account is downright good business.

In fact, dealing regularly with your nearest Toronto-Dominion Bank is always good business. Just one visit to 'The Bank' will soon convince you that..."

people make the difference at



LARGE ATTENDANCE AT LIBERAL PANEL ON EDUCATION

Hastings and Prince Edward Regiment Commanding Officer Col. A. B. Duffy has reported the disappearance from Belleville Officers' Mess around February 19 of the Regimental Colours bearing the battle honors of both World Wars.

Durham Liberals thronged to Bowmanville Lions Centre last week to hear Bernard Newman Windsor-Walkerville M.P.P. on "Education"

After the address, Mr. Newman participated in a panel on Education with Trinity College Professor and Master Roger Kirkpatrick and James Lovekin of Newcastle, a high school teacher in Scarborough.

Mr. Newman stated the policy adopted at January's Liberal Rally that no young woman or man be shut out by lack of funds from education of benefit to Canada and themselves.

The Liberal Rally policy of 10,000 awards every year would, the speaker said, approximate the cost of one bomber aircraft.

Bowmanville Liberal Association President Glen Fry was chairman. Mr. Lovékin introduced Mr. Newman, and Robert Kent, Past President of Durham County Association, spoke the thanks of the large gathering.

The third meeting of the series will be held in Millbrook later this month. The topic is Agriculture. An overflow attendance is expected because of the many problems in agriculture presently demanding solutions for profitable farming.

A serving of one medium sized baked potato without added butter or gravy, provides approximately the same number of calories as a tablespoon of honey, a 7-ounce bottle of ginger ale, or an average cookie, according to the Food and Nutrition Department of MacDonald Institute, Guelph. Therefore, potatoes should not be considered fattening unless consumed in excess, just as other foods are not fattening unless consumed in excess of body needs.

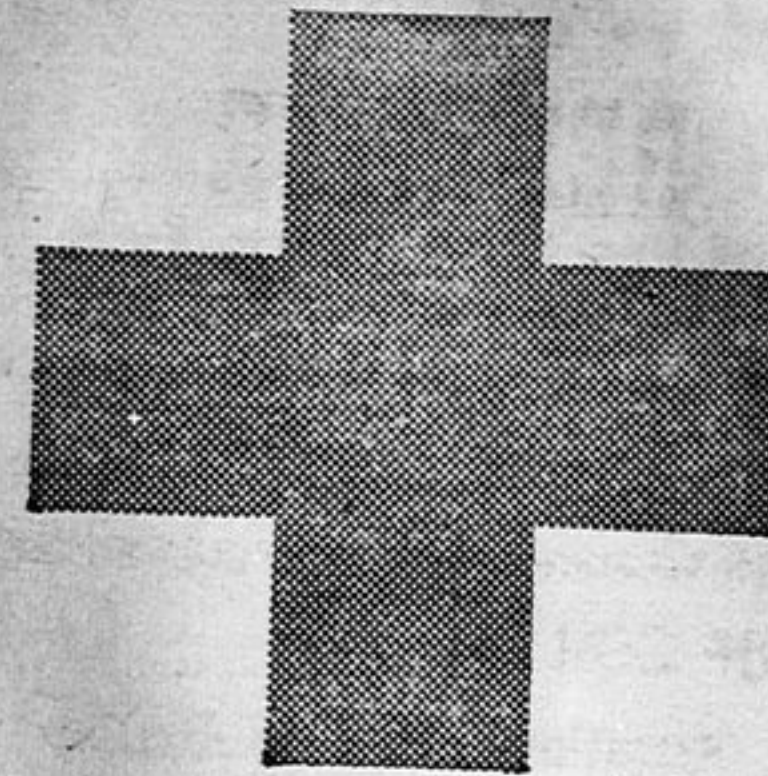
In addition to containing a similar number of calories, potatoes contain other essential

nutrients such as iron, ascorbic acid, thiamine, and riboflavin that soft drinks and other sweet desserts may not contain. Therefore, potatoes and other vegetables should be eaten first, as part of regular meals, before

other extra treats are eaten. In this way an appetite is retained for the foods that are good for people. In addition, the Food and Nutrition Department of Macdonald Institute, Guelph, says that the calories from a

potato will be more satisfying than a similar number of calories from most sweet treats and desserts.

MORE AND MORE READERS USE CLASSIFIED



Serving in so many ways

The Red Cross Looks to You

The humanitarian achievements of the Red Cross depend on your generosity. Your dollars provide and carry on the essential Red Cross services and programmes in your community.

This year—think of the many ways the Red Cross serves you and your neighbour—then plan your donation or pledge to the best of your means. A generous donation will do so much for so many in 1961.

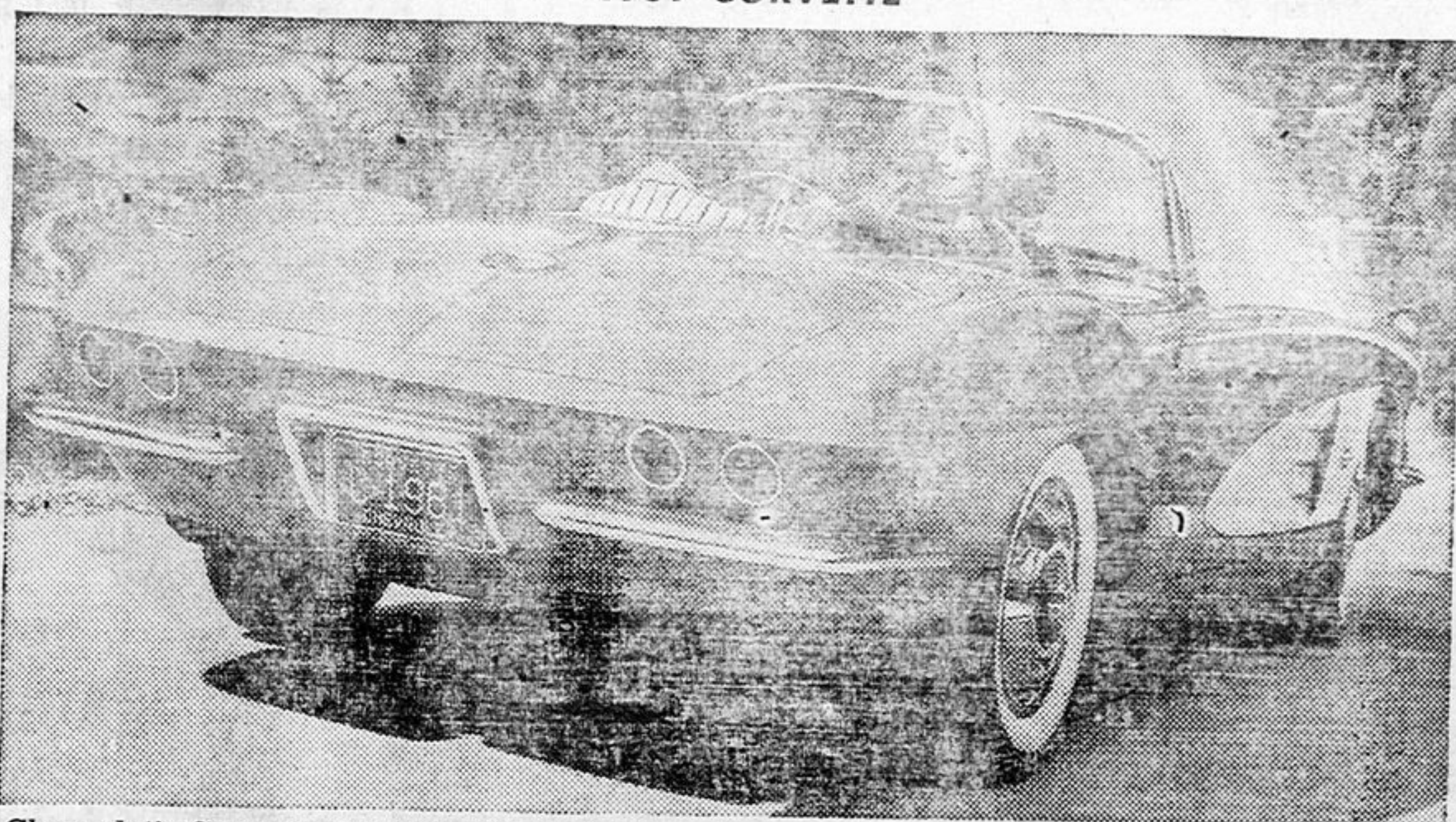
Red Cross Needs Your Help Now

RED CROSS SECRETARY
 MRS. Z. M. BENTLEY

OR

THE TORONTO-DOMINION BANK

1961 CORVETTE



Chevrolet's Corvette for 1961 still maintains a strong family resemblance, even with the new lattice-type grille in the front and an ultra-continental treatment to the rear half of the car. Rear fenders are more pronounced while the fiber glass body surfaces have a new sculptured effect above the modified bumpers. Reduction in transmission tunnel width, improved body insulation and radiator cooling are among the mechanical advances.